

**Operation Ready Families Program
Family Assistance Network
California National Guard**

Marriage Enrichment Seminars: The PREP® Approach



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**Operation Ready Families Program
Family Assistance Network
California National Guard
9800 Goethe Road; PO Box 269101
Sacramento, CA 95826-90101**

Mission First! Family Always!

Register on-line! Go to <http://www.calguard.ca.gov/readyfamilies> and click on the Marriage Enrichment Workshop.

**Please make checks payable to the *Quality of Life Family Program*.
A printed registration confirmation and \$20.00 fee PER COUPLE should be mailed to:**

**Operation Ready Families Program- California National Guard
ATTN: June Sato
9800 Goethe Road (Box 54)
Sacramento, CA 95827**

Couple's Names _____

Address _____

Phone (Include Area Code) _____ e-mail _____ Military Unit _____

The PREP® Advantage



PREP stands for Prevention and Relationship Enhancement Program.

PREP offers a fresh approach. It is basic and straightforward. The workshop and material teach couples the skills they need to nurture a lasting, loving relationship. Couples spend most of their time in special discussions and practicing valuable communication skills.

Key topics include expectations, commitment, forgiveness, feeling understood, and sensuality.

PREP is **NOT** therapy and is probably unlike anything to which you have been exposed. No sharing of personal concerns, no dry psychobabble....Simply thought provoking insights on how to build a more loving, growth-filled relationship!

PREP begins with teaching effective communication skills, addresses problem resolution strategies that work, reveals how to discover the hidden issues in every relationship, and then moves into caring, fun, and friendship.

PREP has proven so effective that it has been featured on "20/20," "48 Hours," "Oprah," and in the printed media.

PREP IS FOR YOU IF:

- You are a married couple
- You want to learn new skills

Questions many couples have about the Marriage Enrichment Workshop

We're doing pretty well. Why should we consider attending a Marriage Enrichment Workshop?

We could all improve our skills when it comes to loving the most important person in our life. Every couple starts off their relationship committed to make it work. Unfortunately, many of us simply do not know HOW to accomplish this. PREP can provide concrete strategies and tools to build a healthy, fulfilling and rewarding marriage.

Is this a religious program?

No. No particular denominational teachings are included in "Marriage Enrichment: the PREP Approach."

What does the workshop cost?

There is a \$40.00 per couple non-reimbursable workshop fee that will be used to pay for two continental breakfasts, a working lunch on Saturday as well as other break service. Invitational Travel Orders will be provided to the spouse of the military member; these orders will authorize reimbursement of hotel and travel expenses as well as provide a food allowance based on the government per diem for the city of the meeting. Service members need to check with their unit concerning attendance status.

Why would Major Commands give people a day's pay to attend a Marriage Enrichment Workshop?

The California National Guard cares about your family relationships. It's a huge boost to family readiness. Plus, if you become more effective at open communication while knowing how to keep discussions from escalating into arguments, it will benefit you at work as well as your home.



DATES AND LOCATIONS

The Marriage Enrichment Seminar for 250th Military Intelligence Battalion will occur at the Sheraton Anaheim Hotel.

22- 23 April in Anaheim

Hotel cut off: 31 March

Register Now!

♥ Complete the form on the reverse side and mail it to the indicated address.

OR

♥ Go to the Operation Ready Family Program web-site at <http://www.calguard.ca.gov>, click on the ready families link and register online!

Prep Testimonial

"My husband, Mike and I were fortunate enough to attend the first PREP seminar. After being deployed to Iraq, we knew we could use some new tools to communicate better. This program taught us that as well as gave us the opportunity to really reconnect as a couple."

-K. Gorski

For registration and hotel information, contact **Mrs. June Sato** at:

(916) 854-3345 or

june.sato2@js.ca.ngb.army.mil